

### **Patient Instructions for Overnight Urine Collection**

An overnight collection of urine is needed to help interpret testing that has been ordered by your physician.

The collection time spans from right after the evening meal on the first day until the next morning when you wake up.

Refrain from strenuous activities prior to the start of the collection.  
If you are female, do not collect urine during your menstrual cycle (your period) if possible.

Use only collection containers that have been provided by the laboratory. The laboratory can supply a plastic collection hat that fits in the toilet to initially catch the specimen.

#### **Specimen Collection:**

- Pass the first urine after your evening meal into the toilet and flush it away. Write down the start time
- Collect all urine you pass after the start time until the following morning into the collection jug.
- The completed collection must include the first morning specimen. Record the time of the last collection. This is the end time
- Be sure to pass only urine into the plastic collection "hat".
- Rinse the "hat" only with clean water between each use.
- Do not use any soap or other cleaning materials.
- While collecting your urine at home, keep the jug with the urine in the refrigerator or a cooler to keep it cold. Do not place it in the freezer.
- Using an ink pen or marker, please print on the jug:
  - Your first and last names and your date of birth
  - The date and time you started and ended collecting your urine.
  - Bring the jug to the lab as soon as possible.
  - Specimens will be rejected if not properly labeled